Mouth Matters
MYOFUNCTIONAL THERAPY

Making It Easier: Thumb Lesson I **Have Available: Orthodontic elastics or small Spry mints, raisins!**

Activities: **You will get a lot of satisfaction if you do each set 3 X a day; Good results if 2 X a day. The DND Activity is always 1 X a day.**

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Waggle Spot 3:26 **5-10 repetitions 3X a day**																					
Middle Tongue (Raisin) Push-Ups 3:45 **2-5 seconds, 5 repetitions** **3 X a day**																					
Tongue Pops! 4:44 **10 pops, 3 X a day**																					
(Do Not Disturb) DND Activity 4:59 **20-30 minutes a day during quiet time**																					
One Foot Rule "Hands Away From Face!"																					

Making It easier: thumb Lesson II **Have Available: Orthodontic elastics or small Spry mints, peanut butter**

Activities: **You will get a lot of satisfaction if you do each set 3 X a day; Good results if 2 X a day. The DND Activity is always 1 X a day.**

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
Caves 5:55 **Try for 10 seconds!**																					
Peanut Butter Rub! 6:32 **Rub back and forth 20 times**																					
Great Granny Surprise Face 7:10 **20 seconds, 3 repetitions**																					
Turtle/Fish Lips 7:51 **10-20 seconds**																					
Do Not Disturb **20-30 minutes during quiet time**																					